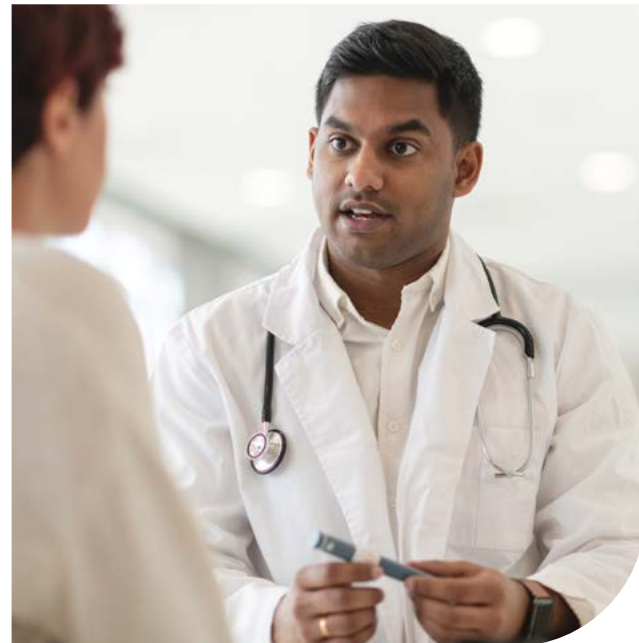


# Diabetes: What's Next?



## Diabetes: What You Need to Know



### Treatment Goals

The main goal for diabetes self-care is to keep blood sugar levels close to normal. The American Diabetes Association suggests these targets:

- 80-130 mg/dl (before a meal)
- Less than 180 mg/dl (one to two hours after starting a meal)
- Less than 7% (A1C every three months)

Your personal targets may be different. Ask your Doctor what your targets are. Your Doctor will ask to see you on a routine basis to see how well your diabetes is controlled. Please don't skip these visits, even if you are doing well.

### What is Diabetes?

Diabetes is a serious condition in which the body is not able to use food for energy. When a person has diabetes, the pancreas does not make enough insulin, or the body does not use the insulin as well as it should. This causes the sugar in the blood to rise.

If not controlled, high blood sugar levels will damage organs and lead to health problems like heart disease, nerve damage and kidney failure.

### Eat Right, Get Active and Take Your Medicine

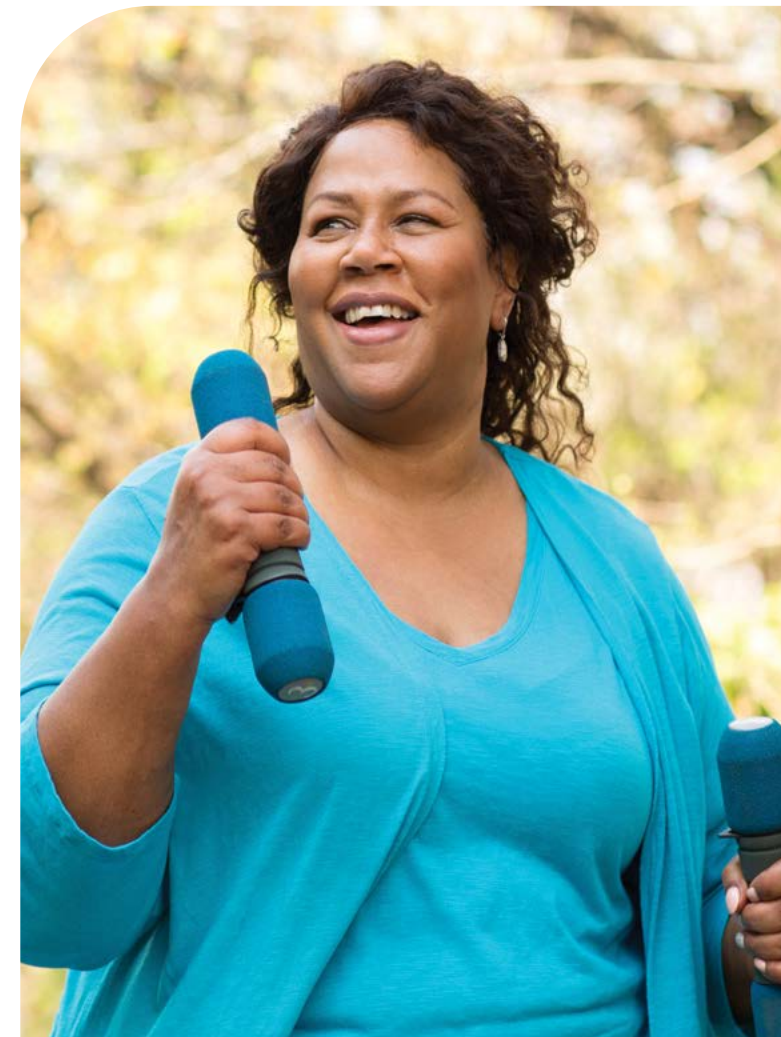
Food and drink choices affect blood sugar levels. Carbohydrates, like sugar or starch, will affect your blood sugar more than protein or fat.

Blood sugar and weight control are hard to manage without regular activity, like walking more, driving less or taking stairs more often.

Being active five to seven days a week at the same time each day makes your blood sugar levels more stable.

Healthy eating and exercise are enough for some people to meet their blood sugar goals.

Other people may need pills, insulin or both. Diabetes medicine works in different ways to lower blood sugar.



## You Can Do It!

Finding out you have diabetes is a big deal. It's normal to feel scared, angry, confused or sad. You are not alone. It takes time to learn the skills you need to help manage your diabetes.

Talk to your Doctor today and ask for your Hemoglobin A1C result. Know this number!

Sign up for a Diabetes Self-Management class on the IEHP Member Portal. Learn how to eat right and get the skills you need to manage your diabetes each day.



### IEHP Member Services:

1-800-440-4347

1-800-718-4347 for TTY users

Monday-Friday, 7 a.m.-7 p.m., and  
Saturday-Sunday, 8 a.m.-5 p.m.

Stay connected. Follow us!

